

It's Friday Again

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Wil Bos (NL) & Colin Ghys (BEL) - March 2021
音樂: Friday (feat. Mufasa & Hypeman) (Dopamine Re-Edit) - Riton & Nightcrawlers



Info : Intro 32 counts

Sec 1: Side, Together, Back, Back Knee Pop, Walk, Walk, Step ½ Turn Heel Bounce

1-2 Step left to left, step right beside left
3-4 Step left back, step right back popping left knee forward
5-6 Step left forward, step right forward
7&8 Step left forward, turn ¼ right lifting both heels, turn ½ right lower both heels keeping weight on left (6:00)

Sec 2: Coaster Step, Dorothy Step, Dorothy Step, Step Dip ½ Turn Kick

1&2 Step right back, step left beside right, step right forward
3-4& Step left to left diagonal, lock right behind left, step left to left diagonal
5-6& Step right to right diagonal, lock left behind right, step right to right diagonal
7 Turn ¼ right step left to left bending both knees,
8 Turn ¼ right kicking right forward and straightening knees (12:00)

Sec 3: Back Rock, Recover, Step ¼ Hitch, Side, Point, Side, Point

1-2 Rock right back, recover weight onto left
3-4 Step right forward, turn ¼ right hitching left knee (3:00)
5-6 Step left to left, point right over left
7-8 Step right to right, point left over right

Sec 4: Side, Touch, Side, Cross, Side, Cross, ¼ Big Step, Together

1-2 Step left to left, touch right behind left
3-4 Step right to right, cross left over right
5-6 Step right to right, cross left over right
7 Turn ¼ right as you take a big step forward right and drag left towards right,
8 Step left beside right (6:00)

Sec 5: Rock, Recover, Out Out Clap, Out Out Clap, Coaster Step

1-2 Rock right forward, recover weight onto left
&3-4 Step right to right and slightly back, step left to left, clap
&5-6 Step right slightly back, step left to left, clap
7&8 Step right back, step left beside right, step right forward

Restart: here on Wall 3

Sec 6: Step ½ Pivot, ½ Back, Hitch, ½ Step, ¼ Hitch, Side, Touch

1-2 Step left forward, pivot ½ right transferring weight onto right (12:00)
3-4 Turn ½ right step left back, hitch right knee (6:00)
5-6 Turn ½ right step right forward, turn ¼ right hitch left knee (3:00)
7-8 Step left to left, touch right behind left

Sec 7: Side Rock, ¼ Sailor Turn, Jazz Box Cross

1-2 Rock right to right, recover weight onto left
3&4 Turn ¼ right step right behind left, step left to left, step right to right (6:00)
5-6 Cross left over right, step right back
7-8 Step left to left, cross right over left

Restart: here on Wall 1

Sec 8: Side Rock, Recover, Step, Side Rock, ¼ Recover, Step ½ Pivot, ¼ Scissor Cross

- 1-2& Rock left to left, recover weight onto right, step left beside right
3-4 Rock right to right, turn ¼ left recover weight onto left (3:00)
5-6 Step right forward, pivot ½ left transferring weight onto left (9:00)
7&8 Turn ¼ left step right to right, step left beside right, cross right over left (6:00)
-